

DOCUMENT RESUME

ED 238 527

PS 013 631

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TITLE Growing Up: Getting in Touch with Me. A Value Clarification Resource Manual for Pre-School Teachers.
INSTITUTION Texas State Dept. of Human Resources--Region 4, Abilene. Child Development Div.
PUB DATE 83
NOTE 108p.
AVAILABLE FROM Texas State Dept. of Human Resources, P.O. Box 3235, Abilene, TX 79604 (\$9.95).
PUB TYPE Guides - Classroom Use - Guides (For Teachers) (052) -- Reference Materials - General (130)
EDRS PRICE MF01 Plus Postage. PC Not Available from EDRS.
DESCRIPTORS Books; Childrens Literature; Films; Games; Learning Activities; Preschool Education; Preschool Teachers; Resource Materials; *Self Concept; *Values Clarification; *Values Education
IDENTIFIERS Fingerplays; PF Project

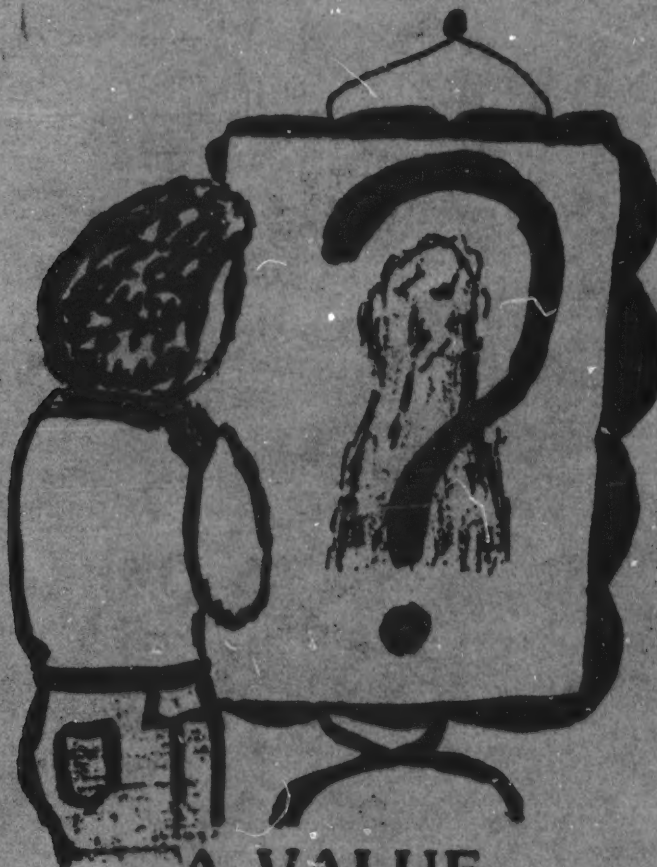
ABSTRACT

This resource manual is intended to serve as a guide for preschool teachers in teaching value-related concepts and in providing children with experiences that foster self-understanding, self-acceptance, and strong relationships with others. Instructions for numerous games, fingerplays, and other activities are given as are many references to children's books and films. The materials are organized by the topics of anger, differences, cooperation, death, family (adoption, divorce, fathers, mothers, only children), fear, honesty, individuality, leadership, loneliness, responsibility, self-concept, and sharing. Book references include title, author, and usually a brief annotation. Film references include title, name (but no address) of publisher, length of film, color/sound information, grade level, and usually the date of release and a brief summary of the content. While most of the activities provide directions for use, two pages of activities require the use of the Peabody Early Experience Kit. An index which lists the materials and activities under each topic concludes this manual. (EM)

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GROWING UP: GETTING IN TOUCH WITH ME



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A VALUE CLARIFICATION RESOURCE MANUAL FOR PRE-SCHOOL TEACHERS

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REGION 04

CHILD DEVELOPMENT DIVISION
SPRING 1983

PS013631

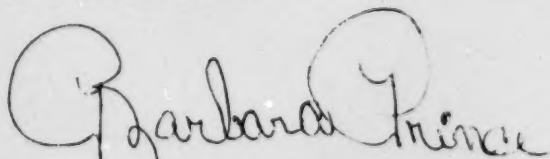
PREFACE

In developing a value clarification manual for pre-school teachers, the aim is to provide teachers with an aid in providing experiences to pre-schoolers that foster success in understanding and accepting themselves and in creating strong relationships with others as they grow and develop.

The manual is an effort to pull together as many games, activities, books, and films that are available and consolidate them into a manual that will serve as a guide in teaching value related concepts.

The time to begin building a foundation that helps our children feel good about themselves and get in touch with themselves is NOW.

Providing an environment that gives them opportunities to develop a positive self-concept, formulate values, and thus develop well-rounded personalities, is the challenge of all of us who are responsible for the growth and development of children.


Barbara Prince

Growing Up:
Getting In Touch With Me

TABLE OF CONTENTS

Preface.....	i
Table of Contents.....	ii
Anger.....	1
Being Different.....	3
Cooperation.....	9
Death	12
Family	15
Fear	35
Honesty	39
Individuality	75
Leadership	42
Lonliness	67
Loyalty	69
Responsibility	71
Self-Concept	75
Sharing	96
Index	iii



BOOKS

ANGER

Alexander, Martha: And My Mean Old Mother
 Will Be Sorry, Blackboard
 Bear

Anthony and his friendly bear run away and spend an uncomfortable night in a cave.

Hapgood, Miranda: Martha's Mad Day

In spite of her parents' patience, Martha continues to be generally obnoxious during her awful day.

Simon, Norma: I Was So Mad!

Children catalog the things that make them mad and learn that adults get angry too. They are helped to realize why they get angry and how to handle their frustrations.

Sharmat, Marjorie W.: I'm Not Oscar's Friend Anymore

Oscar's best friend tells all the reasons why they aren't friends anymore, but Oscar doesn't even remember they had a fight, and normal relations are happily resumed.

Watson, Jane W.: Sometimes I Get Angry

Zolotow, Charlotte: The Quarreling Book

Father's failure to kiss mother one morning triggers a series of quarrels, but the pet dog sets things right.

BEING DIFFERENT



BOOKS

BEING DIFFERENT

Anderson, Hans Christian: The Ugly Duckling

A duck that is born larger and colored differently from the rest suffers from rejection and then joy when he is accepted by those he admires.

Burningham, John M.: The Adventures of a Goose
 With No Feathers

Carle, Eric: The Mixed-Up Chameleon

In this colorfully illustrated story of self-acceptance, the chameleon's desire to be more impressive is one any small child can share. Though brief, the lesson is clear.

Coombs, Patricia: The Lost Playground

Fern, Eugene: Pepito's Story

Krasilovsky, Phillis The Very Tall Little Girl

Lerner, Marguerite Rush: Lefty: The Story of Left-
 Handedness

The life of this "oppressed minority" is described, as well as how left-handedness occurs.

Peet, Bill: The Spooky Tail of Prewitt
 Peacock

Books- Being Different
Continued

Simon, Norma:

Why Am I Different?

Children of the most varied backgrounds, and with the most varied appearances and skills, talk about the ways they are different. This book encourages young children to accept differences in themselves and others.

Simon, Sidney:

The Armadillo Who Had No
Skill

Wildsmith, Brian:

The Little Wood Duck

A duckling is scorned because, with one foot larger than the other, he always swims in circles.

SELF-CONCEPT: FILMS

BEING DIFFERENT

ANIMAL BABIES - MacMillan Films

11 m. Color sound p.-11

SUMMARY: Difference in animals. Their maturation period differences.

BIRDS OF A FEATHER - Stephen Bosustou Productions

7 min. Color sound p.-jh

SUMMARY: How and when to resist peer-pressure is perhaps the hardest lesson to learn. This is a story of a bird's unhappiness with the way he looks.

CHRISTMAS CUSTOMS NEAR AND FAR - Coronet Industrial Films, 1955

14 min. Color - Sound p.-11

SUMMARY: A group of carollers learn how Christmas is celebrated in other lands.

CINDERELLA - Contemporary Films

10 min. b/w - sound p-jh

THE DRAGON'S TEARS - John Korty: Contemporary Films, 1962

6 min. Color - sound p-el

SUMMARY: The story of a dragon who lives in a mountain cave and terrifies the village below except for one little boy who invites the dragon to his birthday party.

BEING DIFFERENT - continued

GOLIATH II - Walt Disney

9 min. Color sound k-el

SUMMARY: Goliath II, the tiniest elephant in the world, causes his parents great shame and worry until he performs a gigantic deed and proves that size isn't everything.

RUNT OF THE LITTER - Films, Inc.

12 min. Color/sound p-el

SUMMARY: Based on E. B White's Charlotte's Web.

THE SNEETCHES - Columbia Broadcasting System

13 min. Color/sound/p-el

SUMMARY: Points out that differences are only relative

TILLY THE UNHAPPY HIPPOPOTAMUS - LCP

12 min. Sound/color/p-el

SUMMARY: Tilly is unhappy with the way she looks and wishes she could look like the other animals in the jungle. Her fairy Godmother helps her to understand it is best to be oneself.

THE UGLY DUCKLING - Coronet Films, 1953

10 min. Color/sound/p-el

SUMMARY: Follows the misfortunes of the unwanted ugly duckling who finally grows into a beautiful swan.

BEING DIFFERENT - Continued

THE VELVETEEN RABBIT - LSB Productions, 1974
19 min. Color/sound/ p-el

SUMMARY: Tells a story about nursery magic which causes
a toy bunny to become real.

COOPERATION



COOPERATION
GROUP ACTIVITY

PEABODY EARLY EXPERIENCE KIT: Manual 2
pp 126-127, 144,145

- Experience 3: Selecting examples of "Cooperation"
 from pairs of Photo Pictures 11, 17,
 p. 126 25, 16, 20, 325
- Experience 4: Demonstrating "Cooperation" by playing
 leapfrog and wheel barrow games
 Games: Outlined in Activity 125.2 and 129.4
 p. 126-127 Photo picture 25
- Experience 3: Working cooperatively as a team to
 string beads. p. 144
- Experience 1: Suggesting ways of getting a little
 girls balloon down from a tree. p. 145
- Experience 2: Discussing and dramatizing how five
 children cooperated to form a pyramid
 to help a girl get her balloon down
 from a tree. p. 145
 Photo picture 27, Song card 11
- Experience 3: Working together with a partner to
 string bead patterns p. 290.
- Experience 4: Game working cooperatively with a partner
 to sit down and then get up together
 while elbows are linked. p. 322

FILMS

GRANDFATHER'S MITTEN - Phoenix Films, 1975

10 min. Sound/color p-el

SUMMARY: Grandfather's lost mitten becomes home for a number of small animals who learn the joy and fun of sharing. They are chased away by a greedy bear who is, in turn evicted when grandfather reclaims his mitten.

THE HORADER - National Film of Canada, 1971

8 min. Color/sound p-el

SUMMARY: A story about greed and sharing told without narration. Presented in the form of a fable concerning a brilliantly animated bluejay who comes away and hides all he can see, including the sun.

WHAZZAT? - Crocus Productions, 1975

10 min. Color/sound p-el

SUMMARY: Presents story of six blind men who come upon an elephant and attempt to describe it. Stresses the moral that cooperating with others can achieve more than working alone.

YOU CAN MAKE IT IF YOU TRY - Barr Films, 1979

15 min. Color/sound p-jh

SUMMARY: Fat Albert and gang learn cooperation by helping Thurman learn sports in return for him teaching them how to study. They all learn you can make it if you try.

DEATH



BOOKS

DEATH

Bartoli, Jennifer: Nonna

A warm, gentle story of an Italian-American family and of the grandmother's death, as seen from the child's point of view.

Beim, Jerrold: With Dad Alone

Bernstein, Joanne &
Steven Gullo When People Die

Written by a psychologist, this is a sensible, fairly comprehensive, and tender discussion of death, neither somber nor mawkish. One of the best of the more recent books on the subject.

Brown, Margaret: The Dead Bird

Four children deal with their feelings about death when they discover a dead bird. The story depicts the feelings of those observing death and mourning from a distance.

Carrick, Carol: The Accident

A story that deals sympathetically and realistically with a child's reaction to the death of his pet dog.

Books- Death
Continued

dePaola, Thomas Anthony: Nana Upstairs and
Nana Downstairs

The love of a child for his grandmother and Tommy's adjustment to her death are told in tender, comfortable terms.

Stein, Sara: About Dying: An Open Family
Book for Parents and Children
Together.

This book introduces the idea of death gently, first with the loss of the bird and then with the death of the grandfather. The story describes common responses to the death of loved ones.

Mom



Pop



Brother



Sister



Baby



The Family

FAMILY

ACTIVITY: My Family

MATERIALS NEEDED: Posterboard

DIRECTIONS: Ask each child to bring a picture or snapshot from home of their family.
Allow each child to talk about his or her picture.
Ask questions like: how many are in your family.
The names of family members.
Display the pictures on posterboard. Do share a picture of your family with the children and display your picture on the poster along with the children's picture.

FAMILY

ACTIVITY: Talking about the roles of mother and father in the family.

PICTURE CARDS

- #1 Shows a family going somewhere
- #2 Shows a family at home
- #3 Shows a group of adults/men and women and children
- #4 Shows a family (mother, father, girl) at dinner table

Display Picture Cards 1 & 2 and say:

Look at these two pictures. This one shows a family going somewhere (#1).

This one shows a family at home (#2).

Different families have different people in them. Sometimes there is a mother, a father and children. Sometimes there are other people, too. Let's see what people are in these families.

Have the children identify the mother, father and children (child) in each picture.

Say:

Point to the father in this picture, (Darreyl). (Pause)

Point to the mother in this picture, (Jamie). (Pause)

Point to the children (child), (Brandy).

Continue until all the family members have been identified. Then encourage the children to talk about these two families. If the children use less formal terms than "mother" and "father" accept them. Ask such questions as: Are the people in these families happy or sad? What are they doing?

FAMILY - Continued

Then say:

Now lets look at these two pictures #3 & #4.

Do you think these are pictures of families?

Pause for a choral "yes" response then refer to Photo picture #4 and ask:

Who is this (point to the father) children?

Who is this (point to the mother) children?

What is the family doing (Derrick)?

Call on individual children to express their ideas.

Then refer to picture #3. Since this picture shows two families, the two fathers and two mothers should be identified by the children.

Say:

Now, let's look at this picture. Who is this?

(Point to an adult)

Ask this question as you point to each of the four adults in this picture.

Then say:

Come and point to two fathers in this picture. (Darrell).

(Pause)

Come and point to two mothers in this picture. (Jamie).

(Pause)

Are there two families in this picture, (Tracey)?

Accept a "yes" response.

If the group is mature, ask:

How many families are there in this picture.

FAMILY

ACTIVITY: Parents

MATERIALS NEEDED: Picture Cards of two adults and child(ren) together. Picture of an adult female and child. Picture of a adult male and child. Picture of two elderly adults and child(ren).

DIRECTIONS: In a group tell the children that today you are going to discuss parent(s) and what they do. Display each picture card and discuss the family group emphasizing how in some families there are two adults and some there is one adult and how some children live with grandparents or a grandparent. Ask the children to identify their family grouping from the pictures.

Discuss some of the things that parents or a parent do.

Ask them to share an event that each have experienced with one or both parents.

FAMILY
GROUP ACTIVITY

PEABODY EARLY EXPERIENCE KIT: Manuel 2
p. 48, 328

- Experience 1: Discussing additional events about Peek-a-boo's beach outing with her family, using Photo pictures 251-255
- Experience 1: Sorting out Photo pictures that show "families" from those that do not show families. p. 328
- Experience 2: Discussing and Dramatizing some activities involving families, and some not involving families. p. 328
- Experience 3: Talking about Peek-a-boo's and Skipper's feelings while on family outings. p. 2
- Experience 4: Acting out what Peek-a-boo and Skipper did while on their family outings. p.3

FAMILY

ACTIVITY: Fingerplay: Beds

MATERIALS NEEDED: None

DIRECTIONS:

BEDS

- Here's a bed for yellow bird,
 (cup hands)
 Just a tiny nest
- Here's a bed for puppy
 (two fingers together to make a roof)
 A doghouse he likes best.
- Here's a bed for kitten
 (lock fingers)
 A basket snug and warm.
- And here's a bed for baby,
 (motion of cradling)
 In his mother's arms.

FAMILY

ACTIVITY: Fingerplay: Family

MATERIALS NEEDED: None

DIRECTIONS:

FIVE LITTLE BABIES

One little baby

(One finger)

Rocking in a tree

(rocking motion with arms & hands)

Two little babies

(two fingers)

Splashing in the sea

(splashing motion)

Three little babies

(three fingers)

Crawling on the floor

(crawling motion with hands & arms)

Four little babies

(four fingers)

Banging on the door

(pounding motion with fists)

Five little babies

(five fingers)

Playing hide-& seek,

Keep your eyes closed tight, now,

(cover eyes & peek)

Until I say Peek!

FAMILY

ACTIVITY: Fingerplay: The Family

MATERIALS NEEDED: None

DIRECTIONS: Start with the thumb using one finger
for each family member.

THE FAMILY

This is the mother we hold so dear,
This is the father so full of cheer,
This is the brother so strong and tall,
This is the sister so pretty and small
This is the baby the shortest of all.

So here they all together meet,
This happy family is now complete.

FAMILY

ACTIVITY: Fingerplay: Grandma

MATERIALS NEEDED: None

DIRECTIONS:

GRANDMA

These are grandma's glasses,
And this is grandma's cap
And this is the way she folds her hands
And puts them in her lap.

FAMILY

ACTIVITY: Fingerplay: Neighborly

MATERIALS NEEDED: None

DIRECTIONS:

NEIGHBORLY

My mother sends our neighbors things
On fancy little plates,
One day she sent them custard pie,
And they sent back stuffed dates.

And once she sent them angel food,
And they returned ice cream,
Another time for purple plums,
And they gave us devil's dream.

She always keeps enough for us.
No matter what she sends,
Our goodies seem much better
When we share them with our friends.

And even if they didn't, why,
It's surely lots of fun,
'Cause that way we get two desserts
Instead of only one!

FAMILY

ACTIVITY: Fingerplay: Quiet Please

MATERIALS NEEDED: None

DIRECTIONS:

QUIET PLEASE

"Sh-h-h! Sh-h-h!"

Mother whispers,

"Baby is sleeping!"

So you pretend you are a mouse
When you come through the house
And, like a mouse
Come creeping! Come creeping!
Sh-h-h Sh-h-h Sh-h-h!

BOOKS
FAMILY LIFE
(ADOPTION)

Buck, Pearl:

Welcome Child

Bunin, Catherine &
Sherry

Is That Your Sister?

Six-year-old Catherine and her sister, Carla, both black, are adopted into a white family with two boys.

Lapsley, Susan:

I Am Adopted

"Adoption means belonging" is the theme of this very simple story of two children who know they are adopted.

Rondell, Florence &
Ruth Michaels:

The Family That Grew

Stein, Sara:

The Adopted One

Udry, Janice:

Theodore's Parents

Wasson, Valentine:

The Chosen Baby

A new edition of an excellent book on adoption.

BOOKS
FAMILY LIFE
(DIVORCE)

Goff, Beth: Where's Daddy?

The reasons for divorce are discussed and adjustments to the separation of parents.

Hazen, Barbara: Two Homes To Live In

A reassuring view of divorce because now there are two homes where there is love.

Perry, Patricia: Mommy and Daddy Are Divorced

A first-person account in fictional terms, but with realistic photographs.

Pursell, Margaret: A Look At Divorce

Stein, Sara: Cn Divorce

Photographs and text cover this subject in an elementary fashion.

Thomas, Ianthe: Eliza's Daddy

A small black girl tries to cope with her parent's divorce.

Tessselt, Alvin: A Day With Daddy

Zolotow, Charlotte: A Father Like That

A fatherless boy describes the kind of father he would like to have in this tender story.

BOOKS
FAMILY LIFE
FATHERS

Beim, Jerrold: With Dad Alone

Franklin, Jeannette D. Daddy

Fassler, Joan: All Alone With Daddy

Holl, Adalaide: My Father and I

Lenski, Lois: Papa Small

One in the series of Mr. Small and his family stories enjoyed by young children.

Lexau, Joan: Me Day

A poignant story tells of Rafer's birthday and his surprise - a meeting with his divorced father whom he misses very much.

Lukell, Winifred: Here Comes Daddy; A Book
For Two's and Three's

Monjo, Ferdinand: The One Bad Thing About Father

The author portrays a major historical figure from a child's point of view.

BOOKS
FAMILY LIFE
FATHERS - Continued

Nolan, Madeena:

My Daddy Don't Go To Work

A black girl tells of family problems caused by her father's unemployment.

BOOKS
FAMILY LIFE
MOTHERS

Blaine, Marge: The Terrible Thing That
 Happened At Our House

Chaos reigns when mother decides to go back to work
and the children have to learn to cope.

Delton, Judy &
Elaine Wagner: The Best Man In the World

Eastman, Philip: Are You My Mother?

A small bird falls from his nest and wanders about
looking for his mother.

Fassler, Joan: The Man of The House

Fisher, Lucia: Do Bears Have Mothers Too?

Fisher Lucia: My Mother and I

An eight year old girl's loneliness after her sudden
separation from her mother is keenly felt, as is her
happiness when they are reunited.

Lasker, Joseph: Mothers Can Do Anything
This book portrays many different types of women and
emphasizes that all occupational fields are open to
mothers and other women.

BOOKS
FAMILY LIFE
MOTHERS - Continued

Merriam, Eve:

Mommies At Work

This book tells about why mommy can be like other people and hold down a job.

Mizumura, Kanue:

If I Were A Mother

A tender, warm story about a little girl's imagining what kind of mother she would be, in terms of animal mothers she knows.

Polushkin, Maria:

Mother, Mother, I Want Another

Lindel, Paul:

I Love My Mother

BOOKS
FAMILY LIFE
(THE ONLY CHILD)

Conford, Ellen: Why Can't I Be William?

Hallinan, Patrick K.: I'm Glad To Be Me Just
Being Alone

Hamburger, John F.: Hazel Was An Only Pet

Hazen, Barbara Shook: Look Tight Times

A child is allowed to keep a stray kitten even though
there are hard times in the household.

Parsons, Ellen: Rainy Day Together

A quiet, tender picture book about a young girl's rainy
day spent at home with her family.

FAMILY

FILMS

ARROW TO THE SUN - Texture Films, 1973
12 min. Color/sound p.-el

SUMMARY: Indian boy's search for his father, entailing
his voyage on an arrow to the sun.

CHRISTMAS ON GRANDFATHER'S FARM- Coronet Instructional
Films, 1958
22 min. b/w Sound/ p-at

SUMMARY: Children and Grandchildren spend an old fashioned
Christmas with grandparents at the big farm house.

MY MOTHER IS THE MOST BEAUTIFUL WOMAN IN THE WORLD
Film Assoc. of Calif., 1968,
9 m/Color/sound/p

SUMMARY: A little lost girl looks for her mother. Designed
to stimulate discussion of human relationship and
values.



FEAR

FEAR

ACTIVITY:

MATERIALS NEEDED: None

DIRECTIONS: In a large or small group select a book from the list on "Fear". After reading the story ask the children to share with the group an event when they were very afraid.

After listening to the stories share a fearful experience that you have experienced.

Explain how we all have times when we become afraid.

BOOKS
FEAR

Alexander, Anne: Noise in the Night

Alexander, Martha: I'll Protect You From
The Jungle Beasts

Babbitt, Natalie: The Something

Fear of the dark - common in childhood - underlies this fantasy in which the unusual looking hero Milo comes face-to-face with the dreaded "something".

Bannon, Laura: Little People of the Night
and The Scary Thing

Byfield, Barbara: The Haunted Churchbell

Suspense in a mountain village when Sir Roger de Rudisill solves the mystery of the tolling church bell - with the aid of a snowball, a cello, and a lonely hermit.

Chorao, Kay: Lester's Overnight

All of the fun and fears of the first night spent away from home are captured in this charmingly gentle picture book.

Kraus, Robert: Noel The Coward

Timidity triumphs in this story of a father and son who study self-defense together.

BOOKS
FEAR - Continued

Mayer, Mercer: There's A Nightmare in
My Closet

A boy brings a creature out of the closet into a more friendly atmosphere.

Mayer, Mercer: You're The Scaredy-Cat

Two young boys decide to spend the night in the backyard camping out, but after telling spooky stories to each other, one by one they creep back into the safety of their own beds.

Watson, Jane: Sometimes I'm Afraid

With his parent's help, a young child learns to deal with fear.

Zolotow, Charlotte: The Storm Book

This book gives a descriptive, understandable explanation of a summer rainstorm and can be read by children who are afraid of storms.

HONESTY



BOOKS
HONESTY

Matsuno, Masako:

A Pair of Red Clogs

Mako struggles with dishonesty when she ruins her new red clogs.

HONESTY
FILMS

CAT AND THE FIDDLER _ AC I Productions, 1970
11 min. Color/p.-el

SUMMARY: A traveling fiddler has a dancing cat whose performance earns him a living. The king sees the cat and takes it after the fiddler refuses to sell it. The fiddler plays and the court and king finds themselves dancing unable to stop until the king gives back the cat.

DONALD'S CRIME, Walt Disney,
7 min. Color/sound/p-el

SUMMARY: Donald Duck needs money to take Daisey to a dance, so he swipes change from his nephews piggy-bank. His conscience torments him and he realizes he's the victim of his own crime.



LEADERSHIP

ACTIVITY: Aura

MATERIALS NEEDED: None

DIRECTIONS: Here is a one-on-one contest that is highly cooperative. Have children stand facing a partner at arm's length. Touch palms and close their eyes. Keeping eyes closed, drop hand and both turn around in place three times. Without opening their eyes have children try to relocate their mate by touching palms again.

ACTIVITY: Blob

MATERIALS NEEDED: None

DIRECTIONS: The Blob begins with one child playing a game of tag and being it. As soon as he or she catches someone, she joins hands with him. Now he is part of the Blob, too, and they both set out, hand-in-hand in search for victims. Everyone the Blob catches (only the outside hand on either hand of the Blob can snatch at players) joins hands with it and becomes part of the lengthening chain and the Blob keeps growing.

Unlike your run-of-the-mill, mad scientist-created Blobs, this one is not content merely to ooze along, seeking its prey. It gallops around the field, cornering runners and forcing them to join up. (Agree on boundaries because some children will go to any lengths to avoid being caught by the Blob).

The Blob can split itself into parts and send out parts of it to catch children who have been getting away.

There is no defense against the Blob and the game ends when everyone becomes a part of the Blob.

ACTIVITY: Catch the Dragon's Tail

MATERIALS NEEDED: Handkerchiefs and a good sized area free of rocks.

DIRECTIONS: Line eight to ten children up, one behind the other. Have every one put their arm around the waist of the child in front of them. The last person in line tucks a handkerchief in the back of his belt. To work up steam, the dragon might let out a few roars.

At the signal, the dragon begins chasing its own tail, the object being for the child at the head of the line to snatch the handkerchief. The tricky part of this epic struggle is that the children at the front and the children at the end are clearly competing - but the children in the middle are not sure which way to go. If and when the head finally catches the tail, the head then becomes the new tail, while second from the front becomes the new head.

ACTIVITY: Do What I Say

MATERIALS NEEDED: Big Shapes. Cut the following mats from colored construction paper. You may want to laminate the mats or cover them with clear contact paper so they do not tear.

- Large (12") red circle
- Medium (9") blue circle
- Small (6") yellow circle
- Large yellow square
- Medium red square
- Small blue square
- Large blue triangle
- Medium yellow triangle
- Small red triangle

DIRECTIONS: Place the mats on the floor in a random arrangement and select a child to be the leader. Let the leader give each child a turn, an instruction that involves moving a mat. Let the leader begin with very simple instructions that allow the child to choose one of several mats: "Stand on a square," "Go to a yellow shape" and "Touch a big shape," for example. Gradually instruct the leader to introduce instructions that limit the child's choices: "Stand on a big yellow shape," "Touch a small circle," and "Stand on the small red triangle." Alternate leaders.

ACTIVITY: Egg Toss

MATERIALS NEEDED: Small Balloons filled with water - not too much, not too little.

DIRECTIONS: Everybody choose a sturdy-looking water balloon and a partner and form two lines facing each other, about two feet apart. At the signal toss the balloon softly to your partner, who should try to catch it softly. End round one.

After each round, everyone takes a step backwards and throw again. If the balloons burst you are out of the game.

The last two to keep their balloons from bursting are the winners.

This activity is good for a nice hot day when getting a little wet is a welcome relief.

ACTIVITY: Flying Dutch Man-How Do You Do

MATERIALS NEEDED: None

DIRECTIONS: Everyone but one child join hands in a circle. The child who is left out is the lost ship. The lost ship circles the circle looking for a port. The ship stops touches a child on the shoulder and the action begins. The lost ship has to navigate the circle one more time and the child tagged has to run in the opposite direction around the circle. The child who reaches the opening first closes the circle and the child on the outside becomes the lost ship in search of new harbors.

For variety two children holding hands can be the lost ship. Also you might specify the mode of navigation to be hopping, jumping, or crawling.

How Do You Do

The Flying Dutchman can be changed by having the child on the outside of the circle to give his or her name and say, "How Do You Do, How Do You Do, How Do You Do" before taking off around the circle.

RELATIONSHIP BUILDING ACTIVITIES

ACTIVITY: Follow the Leader

MATERIALS NEEDED: None

DIRECTIONS: Have the children play Follow the Leader in a line, with the first child designated as the leader. The leader should change his or her movements occasionally, and the other children should watch for changes. The game could be played with the leader changing only the form of locomotion-- running, walking, hopping, skipping, jumping or crawling. Or the leader could change the body parts used or at the pace at which the movement is performed. After a while ring a bell or give some other signal. At the signal the leader moves to the end of the line and the next child in line becomes the new leader. If you are working with a large group of children, you may want to divide the group into several lines so that all children get an opportunity to be the leader.

LEADERSHIP
(Game)

FOLLOW THE LEADER

Select a child to be the leader.
The leader act out a movement and each child in
the group must act out the same movement.

ACTIVITY: Go Tag

MATERIALS NEEDED: None

DIRECTIONS: Have all children squat in a line, alternate children facing opposite directions. The child at one end of the line will be the first runner. He may run around the line in either direction. The child at the other end of the line will be the first chaser. She may start running either clockwise or counter clockwise but she may not switch directions once she starts. The object of the game is for the chaser to tag the runner. The chaser works with the other children squatting in the line. As she is chasing around the track, she can tap the back of any squatting child and shout "Go"! The tapped child steps forward to begin the chase while the old chaser replaces her, squatting in the line. This maneuver is called the "Go Tag" and makes the chaser a group entity, able to cross over the center of the line and change the direction of the chase.

When you first play the game, practice the Go Tag - maneuver a few times so that everyone understands how it works.

The key to the game is to change chasers frequently and rapidly enough to catch the runner off guard.

When the runner is finally tagged, he squats at one end of the line and the child who tagged him becomes the new runner, and the child at the other end of the line becomes the starting chaser for the next round.

ACTIVITY: Hug Tag

MATERIALS NEEDED: None

DIRECTIONS: This variation of the tag game is an example of how you can turn an old game into a new one. Play by whatever rules you are used to, but with one major exception - the only time a player is safe is when he is hugging another child.

After playing for a while make the game more fun by ruling that only three people hugging are safe. Then try four, five, etc.

ACTIVITY: Knots

MATERIALS NEEDED: None

DIRECTIONS: Knots is a game that gets children together by getting them apart. About a dozen players can tie on a good one. To form the knot have the children to stand in a circle, shoulder-to-shoulder, and place their hands in the center. Now have everyone grab a couple of hands, make sure no one holds both hands with the same child or holds the hand of a child right next to them. It might take a bit of switching around to get the knot tied right.

Now have the children try and untangle the knot by going over and under one another.

If there is difficulty, after a while, have one or two children break hands and then try to untangle the knot.

ACTIVITY: The Mating Game

MATERIALS NEEDED: None

DIRECTIONS: Whisper the name of a creature (dog, cat, cow, chicken) into the ear of each child. Give each child a few minutes to tune into how their creature moves and talks. Give about every third or fourth child a creature given to someone else. Then say go and have the children move around imitating the movement and sound of their creature. Ask them to find and group with all the other children who are imitating the same creature.

The game continues until everyone is mated.

ACTIVITY: Picture Pantomime

MATERIALS NEEDED: Position Picture

Cards

Cut out a variety of magazine and newspaper pictures that show different body positions and mount the pictures on file cards or oaktag. Sports magazines are a good source of position pictures.

DIRECTIONS: Put the picture cards in a stack face down. Hold up one picture, and select one child to come to the front of the group and imitate the body position shown. The other children can comment on whether the pose is correct. After the child has performed the pose, allow the child to select a card and select a child to come forward and imitate the body position. Continue until each child in the group has a change to imitate a picture and select a child from the group.

ACTIVITY: Picture Reçeipe

MATERIALS NEEDED: Magazines with food items
in pictures. Glue, Posterboard.

DIRECTIONS: Let the children tear pictures
of food from magazines and paste on
Posterboard.

A theme might be:

Foods We Like On Thanksgiving

"Our Sunday Dinner"

"A Christmas Feast"

"A Saturday Night Fast Food Dinner"

Encourage the children to discuss the
food items selected.

ACTIVITY: Rattlers

MATERIALS NEEDED: Two blindfolds and a rattle (tin cans and pebbles make good ones)

DIRECTIONS: Have all the children form a circle around two players. The two players are both blindfolded and given a rattle. One is going to try to tag the other. The area within the circle is called the snakepit. The rattlers enter the snake pit and the game begins.

To get a fix on each other's positions, either rattler may shake his rattler at any time, and the other must respond by shaking hers.

The other children make sure that the players do not wander from the snakepit.

Rotate rattlers until each child enters the snakepit.

ACTIVITY: Red Handed

MATERIALS NEEDED: Small object (marble or stone)

DIRECTIONS: Have all the children form a circle, and one child chosen as It, stands in the center. While the child who is It closes her eyes, the other player passes the small object from child to child.

The sneakiest method of passing is to hold the marble in one fist, palm down, and drop it into the palm-up hand of the next child. Then that child passes it from one fist to the other and on.

After the object is passed for a while have the children stop and allow It to open her eyes. It must decide who among all the innocent looking faces has the object, she walks up and taps that child on the fist. If that child is empty handed, she moves on. Meanwhile, everyone has been passing the object around, virtually under Its nose. (Fake passes by children who do not have the object is part of the game.)

If a child has the object and It finds it in the fist, that child has been caught "Red Handed" and becomes the new It.

ACTIVITY: Siamese Soccer

MATERIALS NEEDED: Soccer Nerf Ball

DIRECTIONS: Set up a boundary area as you would for a modified soccer game for children.

Have the children pair up and tie their inside leg together in three-legged race fashion.

You can kick the ball with either your free foot or big foot. The game is played as soccer but rules can be modified for the level of the children.

ACTIVITY: Snake In The Grass

MATERIALS NEEDED: Markers for pet boundaries
(these may be ropes)

DIRECTIONS: Mark off an area as a snakepit large enough for the children to run in. Select a child to be the starter snake. The starter snake lies down on the ground on his stomach. Have all the children gather around fearlessly to touch the snake. All children must have their hand on the snake prior to beginning the next phase of the game.

The teacher shouts "Snake-In-The-Grass"! and everybody runs staying within the bounds of the Snake Pit, while the snake, moving on his belly, tries to tag as many as he can. Those touched become snakes too.

Non-snakes run bravely within the snake infested area, trying to avoid being caught.

Encourage all the snakes to hiss. The last person caught is the starter snake in the next game.

ACTIVITY: Stand Off

MATERIALS NEEDED: None

DIRECTIONS: To play the game, two children stand face-to-face on a level surface at one arm's length. The feet of each child must be side-by-side, smack together. The children present their hands with palms facing their partners. The object of Stand-Off is to cause your partner to lose balance, making contact with your hands only.

ACTIVITY: Stand - Up

MATERIALS NEEDED: None

DIRECTIONS: Have each child select a partner. Sit on the ground back to back with your partner, knees bent and elbows linked. Now have the partners try to stand up together. With a bit of cooperation and a little practice, this should not be too hard.

Now sit three on the ground back to back arms linked and try to stand. Then four, then a mass Stand-Up. To achieve a mass stand-up sit close and firmly packed. Then all stand up quickly and at precisely the same moment.

ACTIVITY: Touch Me

MATERIALS NEEDED: Lightweight plastic bat

DIRECTIONS: Have the children stand in a circle, with one child in the center as the "toucher". The "toucher" uses the plastic bat to touch various children on different body parts. As each child is touched, he or she must name the body part that was touched. To give the game an element of surprise, have the children stand with their backs toward the center of the circle.

After a short period, let the "toucher" choose a replacement. He or she could simply name or point to another child, or you could specify a particular body part at the beginning of the game to serve as a signal. When the "toucher" touches that part on a child, the second child takes the "toucher's" place.

ACTIVITY: Working cooperatively with a partner in stringing large or small beads on a string

MATERIALS NEEDED: String and large or small beads

DIRECTIONS: Have available for each pair of children a string tied at one end. Have the children choose partners. Seat the pairs over as much open space in the room as is available. Give each pair one piece of string. Divide the beads, giving each pair four to six each of the same size, either large or small. Encourage the partners to work together to sting their beads, by saying:

Today you are to work with your friend to string your beads. One of you is to hold the string. The other one is to string the beads on it.

ACTIVITY: Tug of War

MATERIALS NEEDED: Rope

DIRECTIONS: This is probably one of the oldest games around. Get a long fat rope and have the children divide into two groups. Mark a center and have children get on both ends of the rope. Standing in the center of the mark, go and encourage the children to pull like crazy to get one another across the mark.

LONELINESS



BOOKS
LONELINESS

Bennett, Rainey The Secret Hiding Place

Little Hippo attempts to find his own secret place where he can be alone.

Bulla, Clyde Robert Keep Running, Allen!

Little Allen usually has trouble keeping up with his brothers and sisters.

Carrick, Carol Sleep Out

Christopher has an unsettling experience when he spends his first night outdoors in his sleeping bag.

Ehrlich, Amy The Everyday Train

Jane runs across the field every day to watch the train go by and wave to the engineer

Hayes, Geoffrey Bear by Himself

This simple story shows that spending some time alone is necessary and valuable.



GS

LOYALTY

BOOKS
LOYALTY

Lasker, Joe

He's My Brother

Family attitudes and their wonderful treatment of their retarded family member, Jamie, is told by his brother.

Potter, Beatrix

The Tale of the Faithful Dove

A gentle story of a little pigeon who is chased into a chimney by a hawk.

RESPONSIBILITY



RESPONSIBILITY

ACTIVITY: Fingerplay: Helpfulness

MATERIALS NEEDED: None

DIRECTIONS: Hold up respective fingers on one hand.
Substitute the word boy or girl when desired.

HELPFULNESS

This little girl does nothing but play,
This child always wants her way,
This is a girl so strong and tall,
This child will not help at all,
Here's one who's kind and true,
Always helping just like you.

RESPONSIBILITY

ACTIVITY: Fingerplay: Helpful Hands

MATERIALS NEEDED: None

DIRECTIONS:

HELPFUL HANDS

I have two little hands to help my mother,
Two little eyes to see her
Two little ears to hear her sweet voice,
And one little mouth to kiss her and say goodnight.

RESPONSIBILITY

FILMS

CAPS FOR SALE: West Woods Studios, 1960
5 min. Color sound p-el

SUMMARY: The story of a peddler's effort to recover
his stock of caps from a band of monkeys who had
taken them after he fell asleep.



SELF-CONCEPT

SELF-CONCEPT

ACTIVITY: Recognizing whether one is a girl or boy by following commands that are directed at one's own sex.

Listen carefully, children! We're going to play a game. Sometimes I will call on only the girls to do something. Sometimes I will call on only the boys. Listen carefully for your turn. Let's see if you know whether you are a girl or a boy.

Give such commands as the following:

1. Only the girls, stand up.
2. Now the boys, stand up.
3. Only the boys, wave to me.
4. Only the girls, spin around.
5. Only the girls, stand on one foot.
6. Only the boys, crawl around the room.
7. Boys, stand up again.
8. Only the girls, march around the room.

Continue as time, interest and need indicate.

SELF-CONCEPT

ACTIVITY: Showing an understanding of the "do" and "do not" and "girls" and "boys" concepts by following directions.

Let's play a game together. When I tell you to do something, please do it. Sometimes I will call on everyone. Sometimes I will call on only the girls. Sometimes I will call on only the boys. When I tell you not to do something, Please do not do it. Now everyone, stand up (Pause) Good! I asked you all to stand up, and you did it. Listen carefully, children! If you do something when I do not ask you to do it, you are to sit down.

1. Everyone, clap your hands.
2. Only girls, clap your hands.
3. Only boys, clap your hands.
4. Do not touch your head.
5. Everyone, touch your knees.
6. Only boys, wave your hand.
7. Only girls, touch your nose.
8. Do not touch your ears.
9. Everyone, point to the door.
10. Everyone, sit down.

SELF-CONCEPT

ACTIVITY: Joining the "Name Train" upon hearing and repeating one's whole name.

Say: Now we are going to play a game called the "Name Train." I'll be the leader. I will call out your full name. Listen carefully. When you hear your name, please say it for us. Then come and join the train. The train will get longer and longer as it goes around the room.

Lead the train. Call on the more able children first so that their responses will serve as models for the others. As each child joins the train, say:

Toot, toot, toot! Let's all say: "Toot, toot, toot!" Now stop and listen for the next name. Say your name, (Brandy Prince).

Pause for a response. Then continue: Join the train (Brandy Prince). Hold onto (Darreyl Kelley).

Start the train again, as soon as (Brandy Prince) has said her name and joined the Name Train. Continue moving around the room until all the children have said their names and hooked onto the train.

SELF-CONCEPT

ACTIVITY: Fingerplay: Hair Ribbons

MATERIALS NEEDED: None

DIRECTIONS: Hair Ribbons

I'm three years old and like to wear
(indicate three fingers)

A bow of ribbon on my hair

(make circle with thumb & index finger
of each hand & join on top of head)

Sometimes it's pink, sometimes it's blue.

I think it's pretty there, don't you?

SELF-CONCEPT

ACTIVITY: Fingerplay: I'm Part

MATERIALS NEEDED: None

DIRECTIONS: I'm Part

I'm part of a family,

One of four.

Families grow - - -

There may be more.

I'm part of a city,

A big one, too.

With homes and stores,

And even a zoo.

I'm part of a nation,

Land of the free.

I can be just what

I want to be.

I'm part of the world,

And maybe some day

I'll travel around it,

Then come home to stay.

SELF-CONCEPT

ACTIVITY: Fingerplay: I'm Three Years Old

MATERIALS NEEDED: None

DIRECTIONS: (Substitute age for age group as necessary)

I'm Three Years Old

Please, everybody, look at me!

Today I'm three years old, you see!

And after this, I won't be two,

Not ever, ever, any more -

I won't be two and I won't be one.

For that was when I first begun,

Now I'll be three a while, and then

I'll soon be something else again!

SELF-CONCEPT

ACTIVITY: Finger play: Marching

MATERIALS NEEDED: None

DIRECTIONS: Act this out while marching

Tune: Twinkle, Twinkle Little Star

Marching

Left right left right here I come
Beating on my little drum
Left right Left right, in the room
Here my drum go boom, boom, boom.
Marching, Marching don't you see
You will be in step with me!

SELF-CONCEPT

ACTIVITY: Fingerplay: Mr. Left & Mr. Right

MATERIALS NEEDED: None

DIRECTIONS: Mr. Left and Mr. Right

This is Mr. Left

(Hold up left thumb)

This is Mr. Right

(Hold up right thumb)

They have two little houses just alike

(Make fist for house)

Mr. Left says, "Hi There. How are you tonight?"

(Wave left thumb)

Mr. Right says, "Hello, I'm all right."

(Wave right thumb)

So arm & arm off they go.

(Hook thumbs)

They talk, and they walk, first fast then slow.

(Move hooked thumbs fast and slow in front of body)

Back they come. Wave good night,

(Wave thumbs)

Pop into their houses and are out of sight.

(Close fingers over thumbs)

SELF-CONCEPT

ACTIVITY: Fingerplay: My Book

MATERIALS NEEDED: None

DIRECTIONS: Use Hands & Palms*

This is my book it will open wide
To show the pictures that are inside.
This is my ball so big and round
To toss in the air and roll on the ground
Here's my umbrella to keep me dry
When the raindrops fall from the cloudy sky.
This is my kitty, just hear her purr
When I'm gently stroking her soft warm fur.

*(Hands w/palms together make the book. Finger tips touch and hands cup to make the ball. Up right index finger of one hand, with other hand flat upon the right hand gently strokes).

SELF-CONCEPT

ACTIVITY: Fingerplay: Right & Left

MATERIALS NEEDED: None

DIRECTIONS: Right and Left

Ten little soldiers, standing in a row,
(ten fingers straight up)

When they see the captain, they bow just so.
(bow ten fingers)

They march to the left; they march to the right,
(teacher opposite)

And they close their eyes, and they sleep all
night.

(fold fingers up and place 2 fists in lap)

SELF-CONCEPT

ACTIVITY: Fingerplay: Right Hand
Left Hand

MATERIALS NEEDED: None

DIRECTIONS: Follow action as rhyme indicates

Right Hand, Left Hand
This is my right hand,
I'll raise it up high.
This is my left hand,
I'll touch the sky.
Right hand, left hand,
Roll them around
Left Hand, Right Hand,
Pound, Pound, Pound.

SELF-CONCEPT

ACTIVITY: Fingerplay: Right & Left Hands

MATERIALS NEEDED: None

DIRECTIONS: Use hands alternately as verse directs,
Right and Left Hands

I'll use my right hand when I do a salute,
and with my left hand I will brush off my suit,
I'll use my right hand now to wave a goodbye,
And, with my left hand I will point to the sky.

SELF-CONCEPT

ACTIVITY: Finger play: Right Hand Raise

MATERIALS NEEDED: None

DIRECTIONS: Right Hand Raise

My right hand raise, my right hand shake.

Round my head a circle make.

I bow to the left,

I bow to the right,

And turn around with foot steps light.

SELF-CONCEPT

ACTIVITY: Fingerplay: Shoes

MATERIALS NEEDED: None

DIRECTIONS: Shoes

My father has a pair of shoes
So beautiful to see.
I want to wear my father's shoes,
They are too big for me.

My baby brother has a pair,
As little as can be!
My feet won't go into that pair,
They are too small for me.

There's only one thing I can do
Till I get small or grown,
If I want to have a fitting shoe,
I'll have to wear my own.

SELF-CONCEPT

ACTIVITY: Fingerplay: Ten Fingers

MATERIALS NEEDED: None

DIRECTIONS: Ten Fingers

I have ten little fingers

(follow action as rhyme indicates)

And they all belong to me

I can make them do things.

Would you like to see?

I can shut them up tight

Or open them wide.

I can put them together

Or make them all hide,

I can make them jump high,

I can make them jump low,

I can fold them quietly.

And hold them just so.

SELF-CONCEPT

ACTIVITY: Fingerplay: The Little Whistler

MATERIALS NEEDED: None

DIRECTIONS: The Little Whistler

My mother whistled softly,
My father whistled bravely,
My brother whistled merrily,
And I tried all day long!
I blew my breath inwards,
I blew my breath outwards,
But all you heard was breath blowing
And not a bit of song!
But today I heard a bluebird,
A happy, young, and new bird,
Whistleing in the apple tree -
He'd just discovered how!
Then quick I blew my breath in,
And gaily I blew my breath out,
And suddenly I blew three wild notes,
And I can whistle now!

BOOKS
INDIVIDUALITY

Conford, Ellen: Impossible Possum

Tale of a young possum who has an impossible time learning to hang by his tail.

Duvoisin, Roger: Jasmine

Jasmine is a captivating plump pink cow who finds an old flower-bedecked bonnet, which she promptly wears. This upsets the other barnyard animals, who can't adjust to a cow that wants to be different.

Lexau, Joan: Benjie On His Own

This story realistically shows a small boy effectively coping with a series of problems in an often insensitive urban environment.

Lionni, Leo: A Color Of His Own

An animal that by nature changes color to accord with his background wants the impossible, a permanent color.

Lystad, Mary: That New Boy

This story tells how a young child hesitates making friends with a new neighbor.

BOOKS
INDIVIDUALITY
Continued

Simon, Norman: Why Am I Different?

Children of the most varied backgrounds, and with the most varied appearances and skills, talk about the ways they are different.

Singer, Marilyn: The Dog Who Insisted
He Wasn't

A very funny story about Konrad, a dog who insists he isn't a dog at all and acts like a human, sitting at the dining-room table and going to school.

Waber, Bernard: You Look Ridiculous, Said
the Rhinoceros to the Hippopotamus

The hippopotamus is discontented with her shape and imagines herself with many of the appendages of neighboring animals.

SELF-CONCEPT: FILMS
INDIVIDUALITY

THE CAT IN THE HAT - CBS, 1972

24 min. color-sound. p-el

SUMMARY: Dr. Suess Cat in the Hat invites students to become more self-sufficient in the use of their time.

DO YOUR OWN THING: McGraw-Hill

13 min. color sound-el-jh

SUMMARY: Fat Albert and the kids get an early taste of girls lib when Penny shows the gang that she is more than a match for the kids at sports. The kids all learn that you can "do your own thing" whether you are a boy or girl.

FERDINAND THE BULL: Walt Disney

8 min. color sound p-el

SUMMARY: This is the tale of a bull who would rather smell the flowers than fight in Madrid's grand Corrida de Toros.

FREE TO BE YOU AND ME (EXPECTATIONS) PART II & III
(INDEPENDENCE)

Released by McGraw Hill, 1974.

14 & 17 min. color-sound.

Individuality - Continued

THE MOST IMPORTANT PERSON. Sutherland Learning
Associates
4 min. color sound p.

SUMMARY: Identity Unit creates an understanding of the
importance of self-concept and individuality
in children.

NOW I AM BIGGER. Barr Films, 1975.
10 min. sound/color/p.

SUMMARY: Builds self-esteem and self awareness
in young children.

SHARING



BOOKS
SHARING

Galdone, Paul The Magic Porridge Pot
The familiar tale of the magic pot that produces porridge but runs amuck when the words that stop it are forgotten.

Keats, Jack Peter's Chair
Distinctive collage technique and a gentle story show Peter emerging from his jealousy of a recent addition to the family to the acceptance of his new role as big brother.

Politi, Leo Mr. Fong's Toy Shop
In preparing children to celebrate the Moon Festival, Mr. Fong shows them how to make puppets.

Schulman, Janet Jack the Bum and the
Halloween Handout
On Halloween night, a hobo learns the meaning of UNICEF.

Sherman, Ivan I Do Not Like It When My
Friend Comes to Visit
A little girl voices her displeasure when her friend comes to visit and gets the lion's share of the toys and attention.

BOOKS
SHARING
Continued

Wezel, Peter

The Good Bird

A picture story of a friendly pink bird who shares a worm with a goldfish.

Winthrop, Elizabeth

That's Mine

Two children who quarrel over a block learn the necessity of sharing.

INDEX

Anger:

- Alexander, Martha: "And My Mean Old Mother will be Sorry,
Blackboard Bear" Pg. 2
Hopgood, Miranda: "Martha's Mad Day" Pg. 2
Sharmat, Marjorie W.: "I'm Not Oscar's Friend Anymore Pg. 2
Watson, Jane W.: "Sometimes I Get Angry" Pg. 2
Zolotow, Charlotte: "The Quarreling Book" Pg. 2

Being Different:

- Anderson, Hans Christian: "The Ugly Duckling" Pg. 4
"Animal Babies" MacMillan Films Pg. 6
"Birds of a Feather"--Steven Bosustou Productions Pg. 6
Burningham, John M.: "The Adventures of a Goose with No Feathers." Pg.4
Carle, Eric: "The Mixed-Up Chameleon" Pg. 4
"Christmas Customs Near & Far"--Cornet Films Pg. 6
"Cinderella", --Contemporary Films Pg. 6
Coombs, Patricia: "The Lost Playground" Pg. 4
"The Dragon's Tears" -- Contemporary Films Pg. 6
Fern, Eugene: "Pepito's Story" Pg. 4
Goliath II -- Walt Disney Pg. 7
Krasilovsky, Phillis: "The Very Tall Little Girl" Pg. 4
Lerner, Marguerite: Lefty: The Story of Left Handeness" Pg. 4
Peet, Bill: "They Spooky Tail of Prewitt Peacock" Pg. 4
"Runt of the Litter", Films, INC. Pg 7
Simon, Norma: "Why Am I Different" Pg. 5
Simon, Sidney: "The Armadillo Who Had No Skill" Pg. 5
"The Sneetches" - Columbia Broadcasting System Pg. 7
"Tilly the Unhappy Hippopotamus" -- LCP Pg. 7
"The Ugly Duckling" - Cornet Films. Pg. 4
""The Velveteen Rabbit" - LSB Productions Pg. 8
Weldsmight, Brian: "The Little Wood Duck" Pg. 5

Cooperation:

- Activities: Peabody Early Experience Kit Pg. 10
"Grandfather's Mitten" -- Phoenix Films Pg. 11
"The Hoarder" -- National Film of Canada. Pg. 11
"Whazzat" -- Crocus Productions. Pg. 11
"You Can Make It If You Try" -- Barr Films, P.11

Death:

Bartoli, Jennifer: "Nonna" Pg. 13
Beim, Jerrold: "With Dad Alone" Pg. 13
Bernstein, Joanne & Steven Gullo: "When People Die" Pg. 13
Brown, Margaret: "The Dead Bird" Pg. 13
Carrick, Carol: "The Accident" Pg. 13
dePaola, Thoms Anthony: "Nana Upstaris and Nana Downstars"
Stein, Sara: "About Dying: An Open Family Book for Parents and Children Together".

Family:

Activities:

"Family" Pg. 17
"My Family" Pg. 16
"Parents" Pg. 19
"Peabody Early Experience Kit" Pg. 20

Fingerplays:

"Beds" Pg. 21
"Family" Pg. 22
"GrandMa" Pg. 24
"Neighborly" Pg. 24
"Quite Please" Pg. 26
"The Family" Pg. 23

Books:

Adoption:

Buck, Pearl: "Welcome Child" Pg. 27
Bunin, Catherine & Sherry: "Is That Your Sister?" Pg. 27
Lapsley, Susan: "I Am Adopted" Pg. 27
Rondell, Florence & Ruth Michaels: "The Family That Grew" Pg. 27
Stein, Sara: "The Adopted One" Pg. 27
Udry, Janice: "Theodore's Parents" Pg. 27
Wasson, Valentine: "The Chosen Baby" Pg. 27

Divorce:

Goff, Beth: "Where's Daddy" Pg. 28
Hazen, Barbara: "Two Homes To Live In" Pg. 28
Perry, Patricia: "Mommy and Daddy Are Divorced" Pg. 28
Pursell, Margaret: "A Look At Divorce" Pg. 28
Stein, Sara: "On Divorce" Pg. 28
Thomas, Ianthe: "Eliza's Daddy" Pg. 28
Tesselt, Alvin: "A Day With Daddy" Pg. 28

Zolotow, Charlotte: "A Father Like That" Pg. 28

Fathers:

Beim, Jerrold: "With Dad Alone" Pg. 29
Franklin, Jeannette D.: "Daddy" Pg. 29
Fassler, Joan: "All Alone With Daddy" Pg. 29
Holl, Adalaide: "My Father and I" Pg. 29
Lenski, Lois: "Papa Small" Pg. 29
Lexau, Joan: "Me Day" Pg. 29
Lukell, Winifred: "Here Comes Daddy; A Book For Two's and
Three's" Pg. 29
Monjo, Ferdinand: "The One Bad Thing About Father", Pg. 29
Nolan, Madeena: "My Daddy Don't Go To Work" Pg. 30

Mothers:

Blaine, Marge: "The Terrible Thing That Happened At Our
House" Pg. 31
Delton, Judy & Elaine Wagner: "The Best Man In the World" Pg. 31
Eastman, Philip: "Are You My Mother?" Pg. 31
Fassler, Joan: "The Man of The House" Pg. 31
Fisher, Lucia: "Do Bears Have Mothers Too?" Pg. 31
Fisher Lucia: "My Mother and I" Pg. 31
Lasker, Joseph: "Mothers Can Do Anything" Pg. 31
Merriam, Eve: "Mommies At Work" Pg. 32
Mizumura, Kanue: "If I Were A Mother" Pg. 32
Polushkin, Maria: "Mother, Mother, I Want Another" Pg. 32
Lindel, Paul: "I Love My Mother" Pg. 32

The Only Child:

Conford, Ellen: "Why Can't I Be William?" Pg. 33
Hallinan, Patrick K.: "I'm Glad To Be Me Just Being Alone" Pg. 33
Hamberger, John F.: "Hazel Was An Only Pet" Pg. 33
Hazen, Barbara Shook: "Look Tight Times" Pg. 33
Parsons, Ellen: "Rainy Day Together" Pg. 33

Films:

"Arrow to the Sun"--Texture Films, 1973 Pg. 34
"Christmas on Grandfather's Farm"--Coronet Instructional
Films, 1958 Pg. 34
"My Mother is the Most Beautiful Woman in the World" - Film
Assoc. of Calif., 1968, Pg. 34

Fear:

Activity Pg. 36

Books:

Alexander, Anne: "Noise in the Night" Pg. 37

Alexander, Martha: "I'll Protect You from the Jungle Beasts" Pg. 37

Babbitt, Natalie: "The Something" Pg. 37

Bannon, Laura: "Little People of the Night and The Scary Thing"
Pg. 37

Byfield, Barbara: "The Haunted Churchbell" Pg. 37

Chorao, Kay: "Lester" Overnight" Pg. 37

Kraus, Robert: "Noel The Coward" Pg. 37

Mayer, Mercer: "There's A Nightmare in My Closet" Pg. 38

Mayer, Mercer: "You're the Scaredy-Cat" Pg. 38

Watson, Jane: "Sometimes I'm Afraid" Pg. 38

Zolotow, Charlotte: "The Storm Book" Pg. 38

Honesty:

Books:

Matsuno, Masako: "A Pair of Red Clogs" Pg. 40

Film:

"Cat and the Fiddler" - AC I Productions, 1970, Pg. 41

"Donald's Crime", - Walt Disney, Pg. 41

Individuality:

See: Being Different Pg. 4

Self-Concept Pg. 76

Leadership:

Activities & Games:

Aura Pg. 43

Blob Pg. 44

Catch the Dragon's Tail Pg. 45

Do What I Say Pg. 46

Egg Toss Pg. 47

Flying Dutchman/How Do You Do Pg. 48

Follow the Leader Pg. 50.

Go Tag Pg. 51

Hug Tay Pg. 53

Knots Pg. 54

The Mating Game Pg. 55
Picture Pantomime Pg. 56
Picture Receipe Pg. 57
Rattlers Pg. 58
Red Handed Pg. 59
Siamese Soccer Pg. 60
Snake-In-The-Grass Pg. 61
Stand-Off Pg. 62
Stand-Up Pg. 63
Touch-Me Pg. 64
Tug-of-War Pg. 66

Lonliness:

Books:

Bennett, Rainey: "The Secret Hiding Place" Pg.68
Bulla, Clyde Robert: "Keep Running, Allen!" Pg.68
Carrick, Carol: "Sleep Out" Pg. 68
Ehrlich, Amy: "The Everyday Train," Pg. 68
Hayes, Geoffrey: "Bear by Himself," Pg. 68

Loyalty

Books:

Lasker, Joe: "He's My Brother" Pg. 70
Potter, Beatrix: "The Tale of the Faithful Dove," Pg. 70

Responsibility:

Fingerplay:

Helpfulness Pg. 72
Helpful Hands Pg. 73

Films:

"Caps for Sale!" West Woods Studios, 1960 Pg. 74

Self-Concept/Individuality:

Activities:

Gender Recognition Pg. 76
Language Comprehension, do/do not, boys/girls. Pg. 77
Name Train Pg. 78

Fingerplays:

Hair Ribbons Pg. 79
I'm Part Pg. 80
I'm Three Years Old Pg. 81

Marching Pg. 82
Mr. Left & Mr. Right Pg. 83
My Book Pg. 84
Right & Left Pg. 85
Right Hand/Left Hand Pg. 86
Right and Left Hand Pg. 87
Right Hand Raise Pg. 88
Shoes Pg. 89
Ten Fingers Pg. 90
The Little Whistler Pg. 91

Books:

Conford, Ellen: "Impossible Possum", Pg. 92
Duvoisin, Roger: "Jasmine", Pg. 92
Lexau, Joan: "Benjie On His Own" Pg. 92
Lionni, Leo: "A Color of His Own" Pg. 92
Lystad, Mary: "That New Boy" Pg. 92
Simon, Norman: "Why Am I Different?" Pg. 93
Singer, Marilyn: "The Dog Who Insisted He Wasn't" Pg. 93
Waber, Bernard: "You Look Ridiculous, Said the Rhinoceros
to the Hippopotamus." Pg. 93

Films:

"The Cat In the Hat"- CBX, 1972 Pg. 94
"Do Your Own Thing:" - McGraw-Hill, Pg. 94
"Ferdinand the Bull": - Walt Disney Pg. 94
"Free to be You and Me (Expectations) Part II & III (Independence)
McGraw-Hill, 1974 Pg. 94
"The Most Important Person," Sutherland Learning Associates Pg. 95
"Now I am Bigger, Barr Films, 1975 Pg. 95

Sharing:

Books:

Galdone, Paul: "The magic Porridge Pot" Pg. 97
Keats, Jack: "Peter's Chair" Pg. 97
Politi, Leo: "Mr. Fong's Toy Shop" Pg. 97
Schulman, Janet: "Jack the Bum and the Halloween Handout" Pg. 97
Sherman, Ivan: "I Do Not Like It When My Friend Comes to Visit" Pg. 97
Wezel, Peter: "The Good Bird" Pg. 98
Winthrop, Elizabeth: "That's Mine" Pg. 98